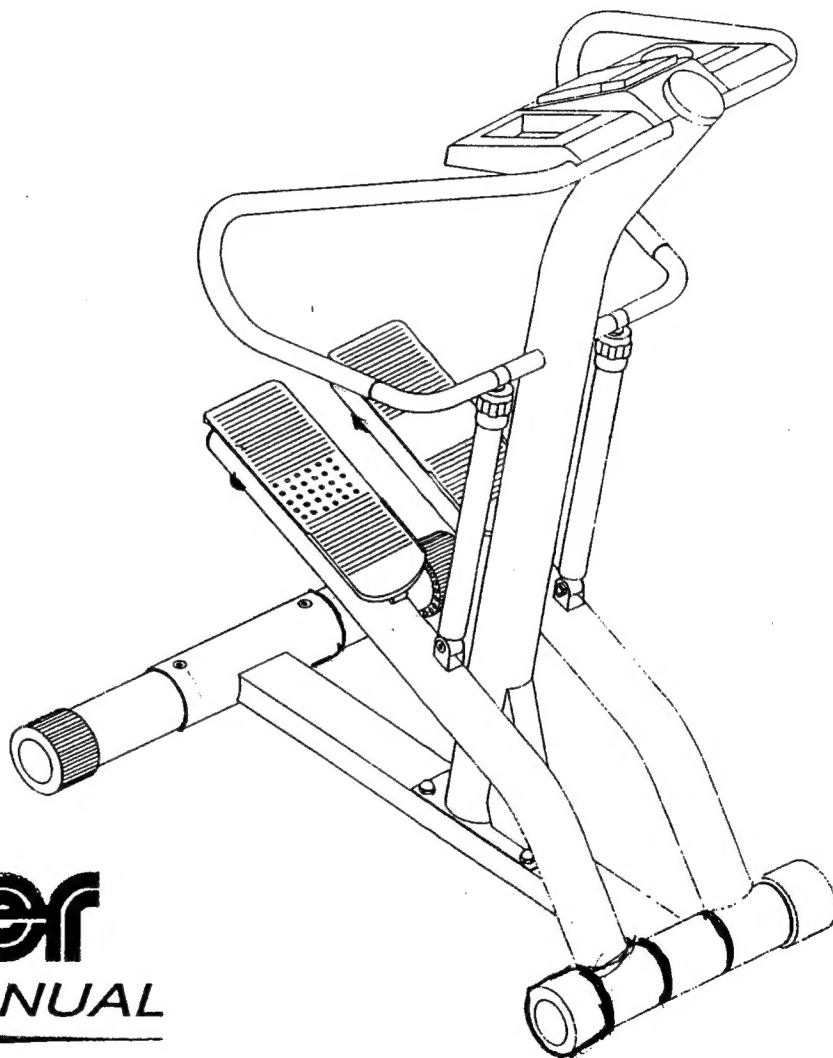


VICTORY

INDEPENDENT ACTION STEPPER SM12



weider
OWNER'S MANUAL

MADE IN TAIWAN

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll - free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable exercise.

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Position the stepper on a level surface. The electronic monitor must be out of direct sunlight or the LCD display may be damaged.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handlebars when exercising on the stepper.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

ORDERING PARTS

Congratulations on selecting a WEIDER Fitness Product. You have joined thousands of health conscious men and women in the growing family of WEIDER customers.

To ensure you'll get all of the privileges and protection that come with your purchase, please complete your Owner's Registration Card within the next 10 days.

Simply mail your Owner's Registration Card to receive all benefits to which you are entitled.

*WARRANTY VERIFICATION: Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

*OWNER CONFIRMATION: Your completed Owner's Registration Card serves as confirmation of ownership in the event of product loss or theft.

1. Your Owner's I.D. card verifies the product you have purchased, your name, address, and the date of your purchase.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

- a. Name of the product (VICTORY)
- b. Model number of product (SM 12)
- c. Ordering number of part (See Parts List page.)
- d. Description of the part from the Parts List page
- e. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 7 a.m. - 6 p.m. CST.

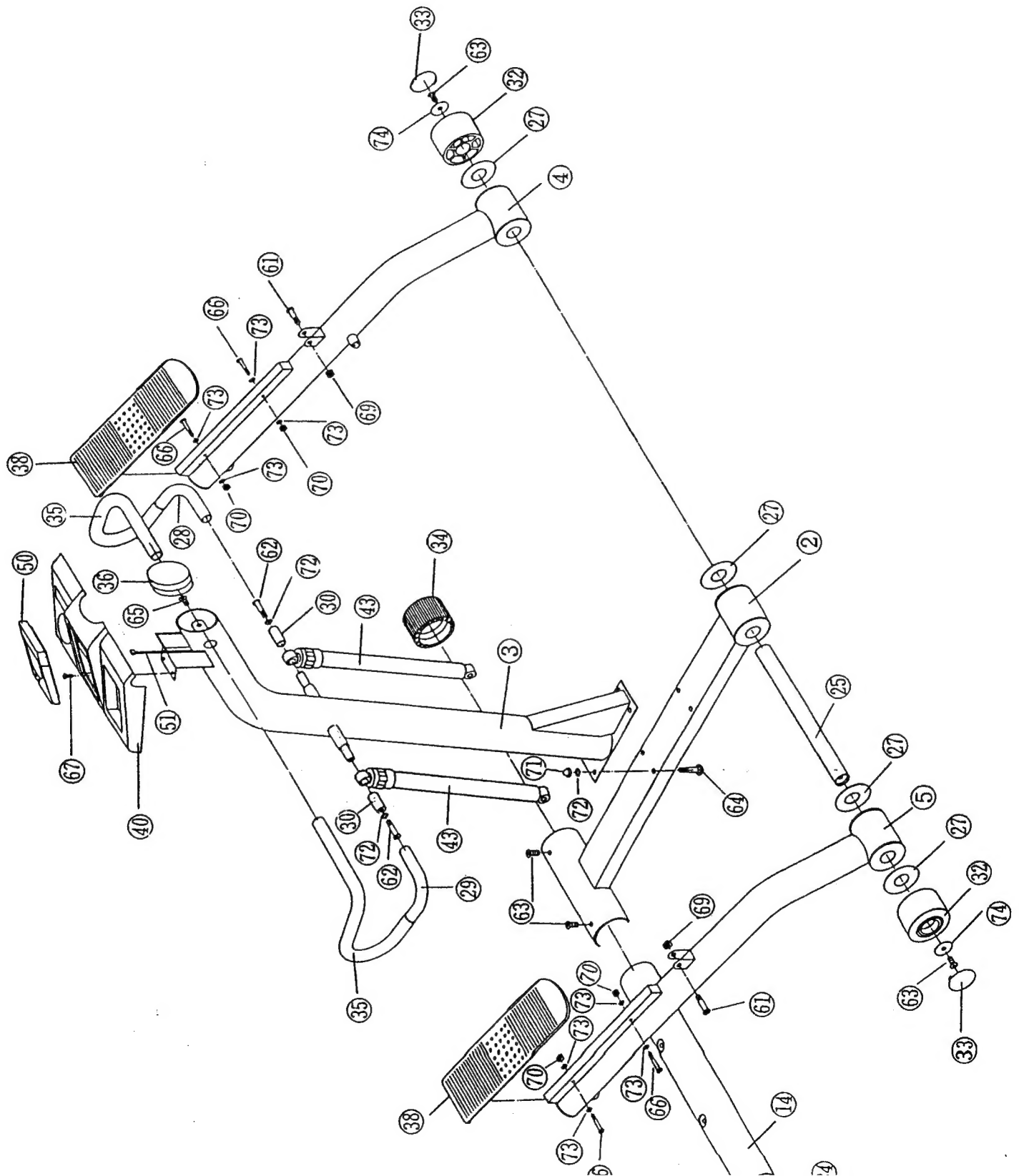
All parts and service inquiries should be directed to:

Weider Sporting Goods

Parts Service Department

900 West St. John Street

Olney, Illinois 62450



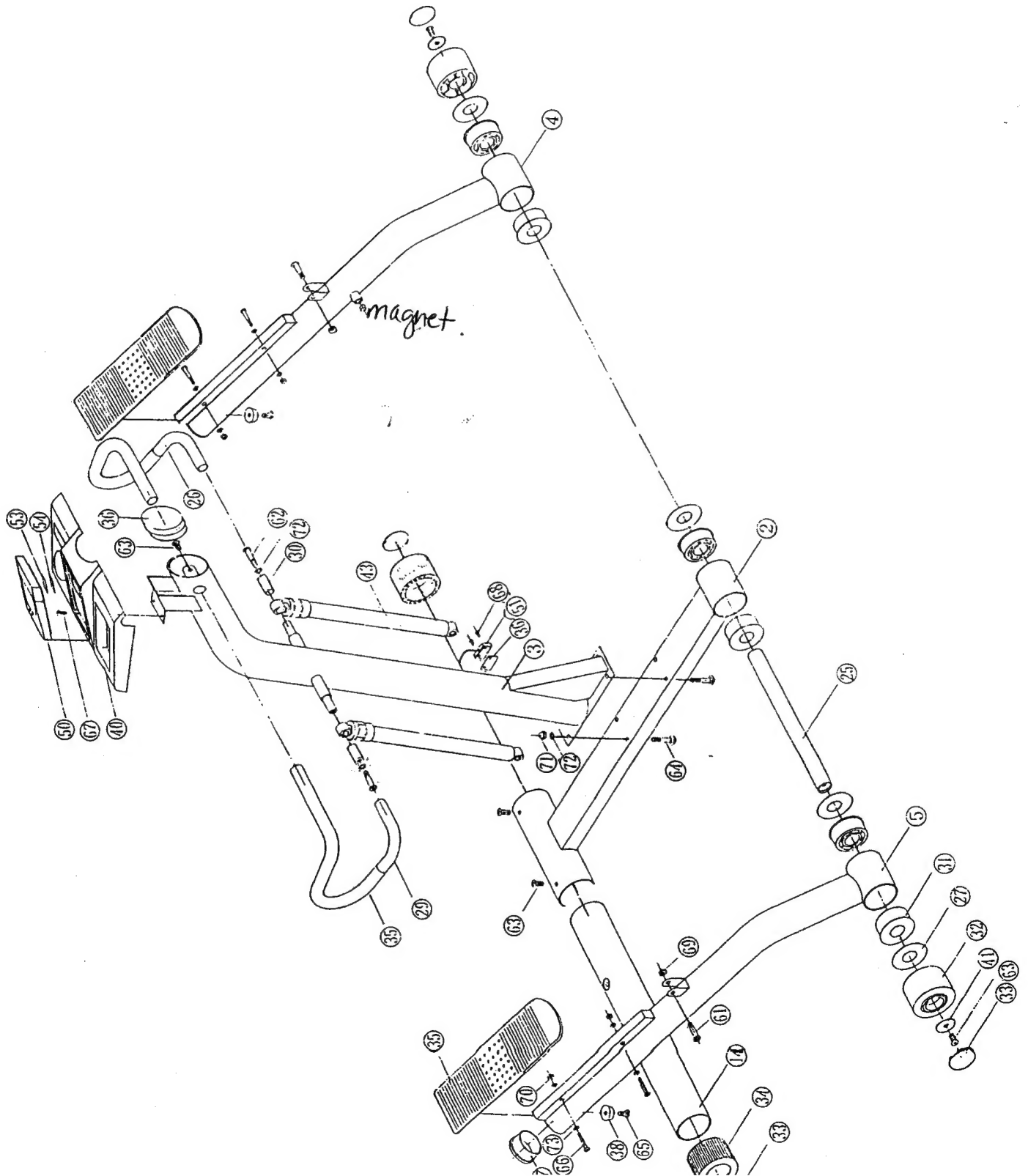
SM12 ASSEMBLY INSTRUCTIONS

1. Attach REAR SUPPORT TUBE (14) to BASE FRAME (2) with 5/16" x 3/4" SCREWS (63)
2. Position MAIN FRAME (3) onto BASE FRAME (2) and attach with 5/16" x 2" BOLTS (64), 5/16" LOCKNUTS (72) and 5/16" ACORN NUTS (71).
3. Slide RESISTANCE CYLINDERS (43) then HANDLEBAR BUSHINGS (30) onto cylinder mounting axles on MAIN FRAME (3). Secure in place with 5/16" LOCKWASHERS (72) and 1/4" x 1 3/4" BOLTS (62).
4. Lift PEDALS (4) and (5) up and attach bottom of RESISTANCE CYLINDERS (43) into the mounting brackets welded atop the pedals. Make sure that the arrow mark of the cylinder is turned so it will be facing you as you use the stepper. Secure in place with 5/16" x 1 1/2" BOLTS (61) and 5/16" LOCKNUTS (69). Be sure that the bolts ARE NOT tightened enough to keep the pedals from working freely.
5. Position the PEDAL FOOT PADS (38) onto the attachment rails on the PEDAL ARMS (4) and (5) and fasten together with 1/4" x 1 3/4" SCREWS (66) 1/4" FLATWASHERS (73) and 1/4" LOCKNUTS (70).
6. Align the LEFT and RIGHT HANDLEBARS (28) and (29) with the mounting sleeve in the top of the MAIN FRAME (3) and the cylinder mounting axle at the center of the frame. Push handlebars into position and fasten the handlebars into the mounting sleeve at the top of the frame by bolting through the sleeve into the handlebars with 5/16" x 3/4" SCREWS (65). Cap top end of MAIN FRAME with the ROUND END CAP (36).
7. Position CONSOLE TRAY (40) over the mounting bracket at the top of the Main Frame (3) and attach the tray in place by bolting down through the tray into the brace with 3/16" x 3/8" SCREWS (67).
8. Pull the SENSOR WIRE (51) up through the square hole in the recess of the tray and plug into the socket fitting in the bottom of the ELECTRONICS MONITOR (50). Fit the monitor into the recess in the CONSOLE TRAY (40) and press into place.

SELECTING STEP RESISTANCE:

To choose the amount of resistance you wish to exercise at, simply turn the calibrated collar at the top of the resistance cylinder so that the number aligns with the arrow mark on the cylinder. The higher the number the greater the resistance. Be sure that both cylinders are set at the same number setting.

When exercising on a stepper, you should adjust the resistance to control the speed of the exercise. For a good cardiovascular workout you should work at a fairly rapid pace, taking short fast steps. Do not let the pedals bottom out at the end of the stroke.



SM12 PARTS LIST

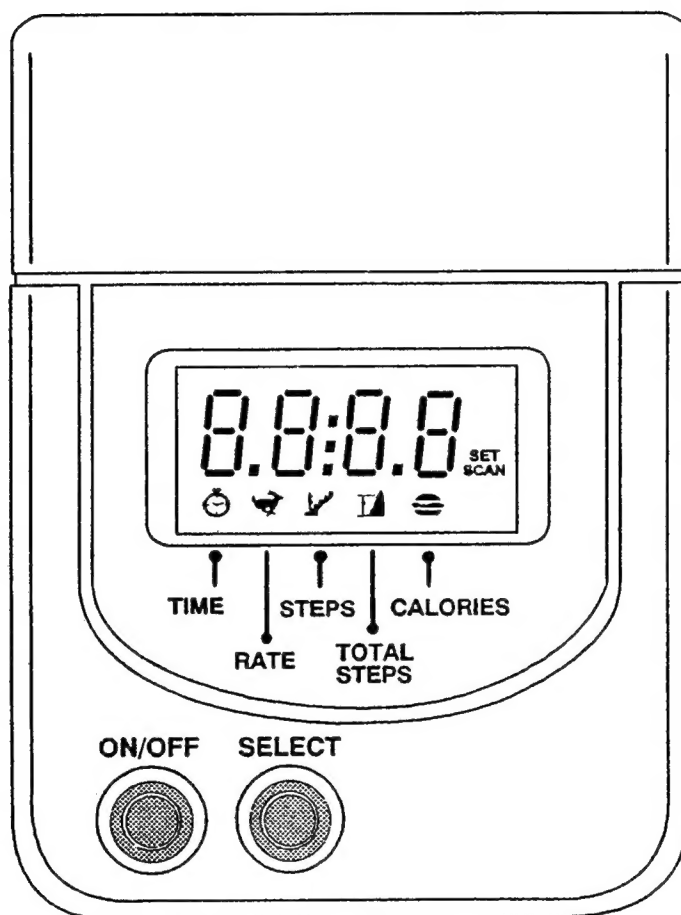
PART NO.	DESCRIPTION	Q'TY	
02	BASE FRAME	1	SET
03	MAIN FRAME	1	
04	LEFT PEDAL	1	
05	RIGHT PEDAL	1	
14	REAR SUPPORT TUBE	1	PCS
25	PEDAL SUPPORT TUBE	1	
27	PEDAL SPACER	4	
28	LEFT HANDLEBAR	1	
29	RIGHT HANDLE BAR	1	
30	HANDLEBAR BUSHING	2	
31	PEDAL BUSHING	6	
32	MOBIL WHEEL	2	
33	WHEEL COVER	4	
34	END CAP TO REAR SUPPORT	2	
35	HANDLEBAR FOAM GRIP	2	
36	END CAP TO MAIN FRAME	1	
37	END CAP TO PEDAL	2	
38	PLASTIC PAD	2	
39	FOOT PAD	2	
40	ELECTRONIC CONSOLE TRAY	1	
43	RESISTANCE CYCLINDER	2	
50	ELECTRONICS MONITOR	1	
51	SENSOR/WIRE	1	
52	MAGNET	1	
53	TAPE	1	
54	TAPE	1	
61	BOLT (5/16" X 1 1/2" L)	2	
62	BOLT (1/4" X 1 3/4" L)	2	
63	SCREW (5/16" X 3/4" L)	4	
64	BOLT (5/16" X 2" L)	4	
65	SCREW (5/16" X 3/4" L)	2	
66	SCREW (1/4" X 1 3/4" L)	4	
67	SCREW (3/16" X 3/8" L)	4	
69	NYLON LOCK NUT (5/16")	2	
70	NYLON LOCK NUT (1/4")	4	
71	ACORN NUT (5/16")	4	
72	LOCK WASHER (5/16")	6	
73	FLATWASHER (1/4")	8	
74	WASHER (5/16")	2	
82	DECAL	1	
83	MANUAL	1	

SM12 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
2	BASE FRAME	1	JM4302-G37*G37
3	MAIN FRAME	1	JM4303-G37*G37
4	LEFT PEDAL	1	JM4304-G37*G37
5	RIGHT PEDAL	1	JM4305-G37*G37
14	REAR SUPPORT TUBE	1	JM4306-G37*G37
25	PEDAL SUPPORT TUBE	1	JM7335-G37*G37
27	PEDAL SPACER - 3" O.D. - 1 1/2" I.D.	4	HH-5591*G37
28	LEFT HANDLE BAR	1	JM4307-G37*G37
29	RIGHT HANDLE BAR	1	JM4308-G37*G37
30	HANDLE BAR BUSHING	2	AA-8304*G37
31	PEDAL BUSHING	6	AA-8305*G37
32	MOBIL WHEEL	2	AA-8306*G37
33	WHEEL COVER	4	AA-8307*G37
34	END CAP TO REAR SUPPORT	2	AA-8308*G37
35	HANDLE BAR FOAM GRIP	2	JM0493-G37*G37
36	END CAP TO MAIN FRAME	1	AA-8309*G37
37	END CAP TO PEDAL	2	AA-8310*G37
38	RUBBER BUMPER	2	AA-8311*G37
39	FOOT PAD	2	AA-8312*G37
40	ELECTRONIC CONSOLE TRAY	1	JM0848-G37*G37
43	RESISTANCE CYLINDER	2	ZZ-0012*G37
50	ELECTRONICS MONITOR	1	JM0849-G37*G37
51	SENSOR WIRE	1	HH-5592*G37
52	MAGNET	1	HH-5593*G37
53	TAPE (PRE-ASSEMBLED - TO BACK OF MONITOR)	1	
54	TAPE - VELCRO	1	AA-8313*G37
61	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G37
62	1/4" X 1 3/4" HEX HEAD BOLT	2	HH-5024*G37
63	5/16" X 3/4" ROUND HEAD MACHINE SCREW	5	HH-5575*G37
64	5/16" X 2" HEX HEAD BOLT	4	HH-5054*G37
65	5/16" X 3/4" ROUND HEAD MACHINE SCREW	2	HH-5575*G37
66	1/4" X 1 3/4" ROUND HEAD MACHINE SCREW	4	HH-5255*G37
67	3/16" X 3/8" ROUND HEAD MACHINE SCREW	4	HH-5577*G37
69	5/16" NYLON LOCK NUT	2	HH-5012*G37
70	1/4" NYLON LOCK NUT	4	HH-5011*G37
71	5/16" ACORN NUT	4	HH-5433*G37
72	5/16" LOCK WASHER	6	HH-5095*G37
73	1/4" FLAT WASHER	8	HH-5048*G37
74	5/16" FLAT WASHER	2	HH-5127*G37
82	DECAL	1	DE-4375*G37
88	ASSEMBLY MANUAL	1	IMNNL1291*G37

ELECTRONIC OPERATING GUIDE

M8930 MONITOR FOR SM12 STEPPER



SPECIFICATION:

COUNTUP TIMER: 0 - 99:59
STEP RATE: 0 - 175 STEP/MIN
STEP TRIP: 0 - 8190 STEPS
TOTAL STEPS: 0 - 1,048,000 STEPS
(000) DOES NOT DISPLAY, DISPLAY "1" MEANS 1000 STEPS)
CALORIES: 0 - 4095 CAL
POWER SUPPLY: 2 A 76 BATTERIES

THE KEYS FUNCTION:

ON/OFF: To turn ON or OFF the monitor.

SELECT: To select and lock on to a particular function you want, or select to a SCAN mode.

HOW TO USE THE EXERCISE MONITOR

1. Insert the speed pick up connector into the socket on the back of the unit.
2. **TURN ON:**
Press the ON/OFF key to turn on the monitor. The monitor comes on the TIME function, and the TIME begins counting up.

3. FUNCTIONS & SETTING:

* TIME:



*SHOW TIME:

By pressing the SELECT key until the mode pointer advances to TIME and SCAN disappear. The TIME begins counting up.



*RATE:

Press the SELECT key until the mode pointer advances to RATE. The LCD will be displayed as STEP/MIN.



*STEPS:

Press the SELECT key until the mode pointer advances to STEPS. The LCD counts up from zero to 8190 steps and rolls.



*TOTAL STEPS:

Press the SELECT key until the mode pointer advances to TOTAL STEPS. The display shows the TOTAL STEPS of a step meter that is retained when the unit is turned off. The maximum steps is up to 1048 X 1000 steps.

The TOTAL STEPS reset button must be pressed after batteries are reappplied to assure the TOTAL STEPS start at zero. You can find the reset key to press through a small round hole in the mounting bracket area of bottom case.



*CALORIES:

Press the SELECT key until the mode pointer advances to CALORIES. The calorie counts up from 0 to 4095 and rolls over to zero. 7/16 calorie/per step.

*SCAN:

Press the SELECT key until the mode goes to SCAN (SCAN word displays on LCD). The mode pointer will advance automatically every 5 seconds. To stop scanning, press the SELECT key again.

4. RESET:

The monitor can be reset by pressing the ON/OFF, SELECT keys simultaneously. Then press the ON/OFF key to turn on.

5. TURN OFF:

The monitor turns off automatically if there are no speed pick up pulse or key activity for approximately 4 minutes. Or press the ON/OFF key to turn off the monitor.

BATTERY INSTALLATION:

This monitor uses two A76 batteries. The batteries can be installed by removing 4 screws from

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

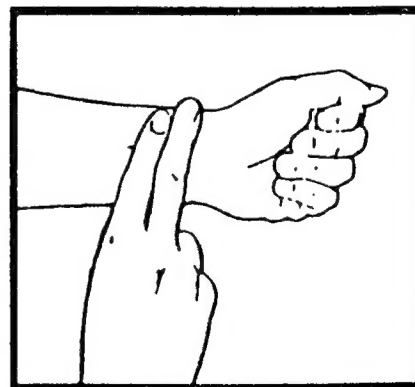
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

EXERCISE FREQUENCY

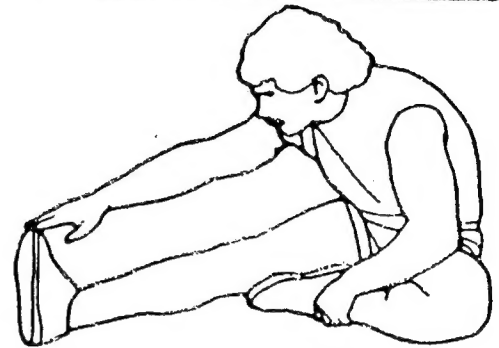
To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

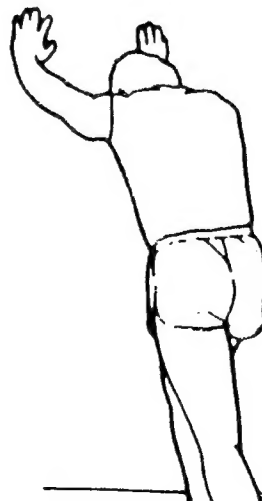
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

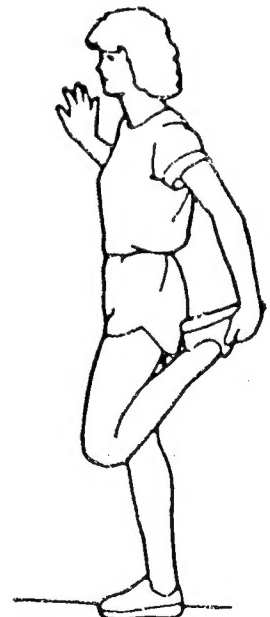
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.



LIMITED WARRANTY

Weider Sporting Goods, Inc., a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the